The Epidemic of the Social Media and Mental Health Relationship Among College Students
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Mental health disorders have been around before social media, however the obsession of social media destroys college students’ mental health. Over the past decade, social media has grown as a platform to promote a person, place, and/or idea. Social media platforms, such as Facebook and Instagram, develop a sense of community for online users. Social media depletes endorphins in the brain by negatively comparing themselves to others. Social media plays into emotions and how people behave or act out. Social media increases anxiety by always wondering what other people think of them.

Mindfulness is a way how to overcome this negative relationship with social media & mental health

- Students on social media become obsessed with the amount of followers, likes, and comments they get on a post
- Anxiety develops into altered thinking, emotions, physical state, and behaviors. The student starts to think that others will not like them and wonder what others think of them
- Social media has developed this false sense of reality. The altered thoughts and emotions result in a behavior to isolate himself/herself

Path to Depression

- Then, a student negatively compares himself/herself to others’ lives that are perceived on social media
- Serotonin and dopamine are reduced within the brain causing the student to feel like their life is not as good as others
- Depressive symptoms consume the individual student. He/her believes that their life is worthless. Feelings of individual insignificance will spiral downwards into depression

Path to Anxiety

- A student will see other students’ accounts on social media who have more followers. The individual student will begin to become worried that he/she is not as popular as the other students